

Oral glucose tolerance test for diabetes mellitus

Information for patients

We have been asked to arrange a glucose tolerance test for you to help with the diagnosis of diabetes mellitus (raised blood glucose levels), or reactive hypoglycaemia (low blood glucose levels). We enclose an appointment, if this time is not convenient, please let us know so that we can reschedule.

What should I do before the test?

Please eat normally for at least 3 days prior to the test. The day before the test do not eat anything from midnight. You may drink water.

What will happen during the test?

During the test we will take a blood sample to measure your glucose level, you will then be given an orange flavoured glucose drink. We will take a further blood sample 2 hours after you have had the glucose drink.

When will I get my results?

Your clinician should be back in touch with you with the results within 2-3 weeks.